



MONTANA TEAM NUTRITION AND SCHOOL NUTRITION PROGRAMS

Traditional Foods Can Be Healthy!

Living In Balance Traditional Foods In Today's World

What foods make up a healthful diet? Foods like our ancestors ate can be healthy. Traditionally, foods were selected based on five categories: below the ground, above the ground, the four legged, the finned, and the winged. Here are some examples of traditional foods that can help make up a healthful diet.

Fruits

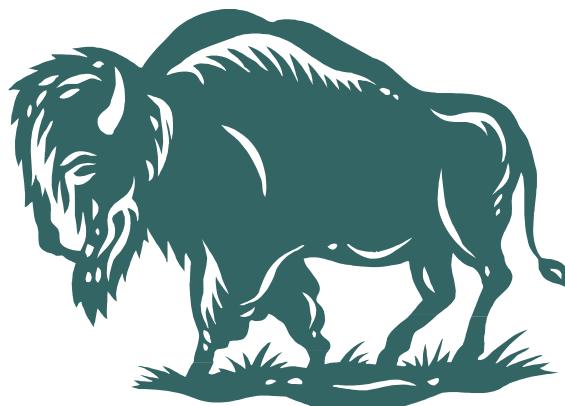
Chokecherries	Currants	Plums
Buffalo berries	Cactus fruit	Blackberries
Strawberries		

Meats, Dry Beans and Nuts

Buffalo	Deer
Antelope	Elk
Raccoon	Moose
Rabbit	Beans
Squirrel	Nuts
Seeds	

Vegetables

Wild turnips	Carrots	Corn
Onions	Cucumber	
Leafy green vegetables		



Buffalo were an important staple in traditional diets.

Fish

Salmon	Bass
King fish	Catfish
Trout	Walleye
Bullhead	

Grains and Bread

Wild Rice	Wheat
Barley	

Traditional Foods are still a way of life for many American Indians. Keeping body, mind, and spirit in balance and celebrating the seasons are still important today.

Poultry

Turkey	Grouse	Duck
Pheasant	Chicken	

These foods were healthy because they were generally low in fat (which decreases risk of obesity, cancer, diabetes, and heart disease) and include a wide variety of foods (which provides many nutrients for good health).

Physical Activity and Health

Physical activity was once an everyday part of life. People walked, hunted, gathered, played games, danced and rode horses. It was important to the community for each member to be strong and healthy. Preparing food was also an active part of life—grinding corn meal, stripping meat, and cleaning fish, for example.

Why is Physical Activity Healthy?

- * It helps burn away fat and calories from the food.
- * It helps keep people lean and healthy.
- * It helps the whole body work better.
- * It helps people in their spirituality.

What Can You and Your Family Do Today?

- * What kinds of physical activity will you do to be healthy?
- * What can your family do together to become more healthy?

Fill out the worksheet on the back of this page for ideas on how to incorporate physical activity in your family's lifestyle.



How Foods Were Traditionally Selected

Food Categories Included:



Below the Ground:	Above the Ground:	The Four Legged:	The Finned:	The Winged:
Wild Turnips	Chokecherries	Buffalo	Bass	Turkey
Onions	Buffalo Berries	Deer	Salmon	Pheasant
Potatoes	Seeds (like wheat)	Elk	Trout	Grouse
Carrots	Acorns	Antelope	Walleye	Duck
	Corn	Squirrel	King fish	Prairie chicken
	Wild cucumbers	Rabbit	Catfish	
	Asparagus		Bullhead	

What Can You and Your Family Do Today?

What types of foods does your family eat today which are from:

Below the Ground? _____



Above the Ground? _____

The Four Legged? _____

The Finned? _____

The Winged? _____

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What types of Physical Activity Can Your Family Do Together Today?

Activities: _____

